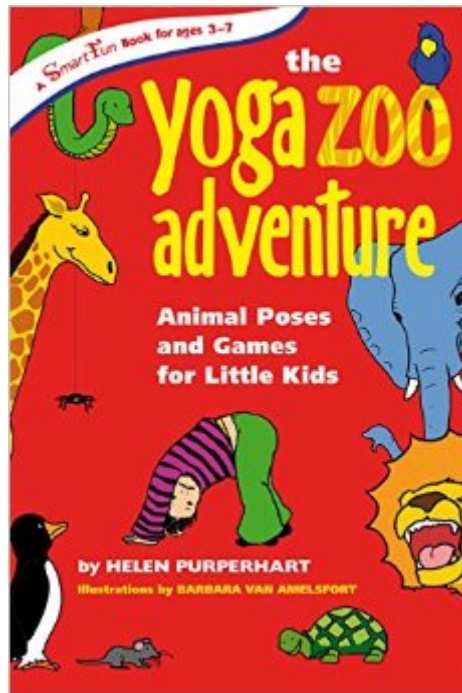


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# The Yoga Zoo Adventure: Animal Poses And Games For Little Kids (SmartFun Activity Books)



## Synopsis

This ingenious book uses the postures and movements of zoo animals to teach yoga movements to children. The first part of the book covers theoretical and practical information for parents and teachers working with yoga. Part two takes readers to every part of the zoo, from the insect and reptile houses to the ape cage and the oceanarium. Here youngsters come face to face with a tiger, look in the eyes of a giraffe, do the monkey dance, and walk as gracefully as a flamingo. Part three introduces the rules of the yoga lifestyle through a number of animal fables. Part four contains background information about the animals described in the book.

## Book Information

Series: SmartFun Activity Books

Paperback: 160 pages

Publisher: Hunter House; 1 edition (August 28, 2008)

Language: English

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ISBN-13: 978-0897935050

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #477,149 in Books (See Top 100 in Books) #67 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #101 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #275 in [Books > Children's Books > Animals > Zoos](#)

Age Range: 4 and up

Grade Level: Kindergarten and up

## Customer Reviews

The Yoga Zoo Adventure is a delightful book for children and parents alike. What a wonderful way to work both bonding time and exercise into a family's day. In today's society, it seems more and more difficult to find time and ways to really include vitally important family time in our daily lives. Through The Yoga Zoo Adventure, this can easily be done, as well as aiming for a more healthy lifestyle that is fun. In The Yoga Zoo Adventure, your child will travel through a virtual zoo of their minds. Visiting such places as the Ape Cages, Desert Animal Compound, Reptile Building, Insect House, Predator Pavilions and the Aquarium just to name a few. Each section has easy to follow instructions for a yoga move that mimics the real action of an animal. An example of this is as

follows:Prowling like a shark:~~ Lie on your tummy.~~ Bend your legs up and point your toes toward the ceiling to make your "tail".~~ Bring both arms behind you and entwine your fingers together.~~ Slide your arms up to the middle of your back to make your "fins".~~ Lift your head and swim like a shark prowling for food in the ocean by moving your tail back and forth and your fins up and down.\*taken from page 98 of The Yoga Zoo AdventureAlso included are fun bits of information on each animal, delightful games and songs and a great ending, complete with several pages discussing The Importance of Zoos and the animals that are included within the book. The Yoga Zoo Adventure is a great book for several reasons - it's fun, educational, promotes a healthy body and is a great tool to bring children and parents together. I have a 6 year old and a 2 year old and we had a ton of fun with this book. It states, on the cover, that the age range is 3 - 7, however I truly feel that The Yoga Zoo Adventure goes well beyond that age bracket.Excellent and highly recommended!

Not what I expected at all. Wish I would have read the one-star review. I bought the book as a gift for my young niece because it says clearly on the cover A Smart Fun Book for ages 3-7. This book is NOT for CHILDREN directly, since it is explaining the exercises and offering information for ADULTS--adults that want to read the exercises out loud or create their own ideas from the book. It's also not really a yoga book. It's just a movement book. It holds many sweet ideas that are very educational about animals and contains many animal stories without illustrations! It may be a great resource for teachers (yoga or school) to get ideas, but adults must translate what they read into something engaging. I'll use it to inform my own yoga teaching, but definitely would not give this as a gift to a parent or child.

Hi - I am disappointed with this book. My mistake for buying it. It is a book for adults to read to their children. There are very few pictures or illustrations for the kids to look at and then replicate. The beautiful illustrations on the cover are deceptive - very little of the inside of the book is like the front cover. The authors appear not to have the basic knowledge that body skills are well taught to young children via pictures. Yoga is a full body experience, not a language experience of reading and temporal lobe translation.

This is such a neat book! My children are still too young (2 and 9 months) for these games and yoga in general, but I really look forward to using this book with them when they are a little older. As an actor and college graduate with a degree in children's theatre, I think this book would be ideal for

teaching children creative movement and drama. It inspires me to one day want to use this book to teach such a class. I find the games and yoga very similar to classes I took as a young adult and college student. These games help a student to pay attention to all of their senses and how to use their body as an acting instrument (not to mention, it's great exercise for kids!). I think this is such a good book with so many different games and activities that teach a child creative movement, help them learn about animals and help them learn to use their imagination and pretend. I would recommend it highly to anyone looking for games to play with their children that are innovative and creative.

The book is designed for ages 3 to 7, but it was easy enough to engage my older children, along with our toddler, in hours of laugh-out-loud, adventurous fun. I've recently incorporated yoga into my own life and thought it would be great for my children to join me. The Yoga Zoo Adventure offers the perfect blend of simple yoga positions and creativity, offering a fresh approach to encouraging movement, self-expression, and relaxation. The book contains easy to follow, step-by-step, instructions for games and activities, along with stories and a special learning section on zoo animals. Not only fun to complete, it's a joy to read. A great way to engage your children with the building blocks of a healthy lifestyle, or a fun book to pick up on a rainy day.

The Yoga Zoo Adventure by Helen Purperhart! I enjoyed this book. As I said before, I am not a yoga person but this book is a blast to do with children. Anyone that has kids at home or work with children like I do will love this book. Thumping like a gorilla or stomping like an elephant gets the kids imagination going, the heart pumping, and the giggles abound. We have done the butterfly change so many times I can't count and it works great after reading "The Very Hungry Caterpillar." Just in time for spring! But the worse thing about this book is I can't keep it on my shelf! My friends keep borrowing it or the kids keep thumbing through it to find something new to try!! Just think what fun it would be if you did like yoga....for me it is a keeper.

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Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids)  
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(SmartFun Activity Books) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose  
Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras,  
meditation) Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun  
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